**Fitness and Dance: Cumulative Exam Review June 2015**

**Definitions**

1. Muscular strength- the ability to exert an external force or lift a heavy weight
2. Flexibility-the range of motion around a joint
3. Muscular endurance-the ability of the muscles to repeatedly exert themselves.
4. Body Composition- the relative percentage of muscle, fat, bone, and other tissues of which the body is composed
5. Cardiovascular endurance-the ability of the heart, blood vessels, blood, and respiratory system to supply fuel, especially oxygen, to the muscles

**Read and study the statements below;**

The warm-up phase of a workout will, prevent injuries and prepare the body for more intensity, increase body temperature, and stretch large body muscles to increase elasticity.

F.I.T.T stands for Frequency, Intensity, Time and Type

A resting heart rate ideally should be taken; immediately upon wakening after a sleep period.

To determines one’s level of cardio fitness a person can test their aerobic fitness by all of the following; the pacer test, mile run, shuttle run, and step test.

Increasing your heart-rate during a step-aerobics class is an example of increasing; intensity

Increasing your Participation in yoga from 1 day a week to 3 days a week is an example of increasing frequency.

Body Shred Unit- 3 minutes Resistance training 2 Minutes of Cardiovascular activity 1 minute of abs/active recovery.

The body Shred unit works muscular endurance and cardiovascular endurance

**The Fitness Gram Questions: during the fitness gram each test is designed to measure the different components of fitness.**

-Flexibility- sit and reach test -muscular strength- push-up test -muscular endurance-curl up test

-Body composition-body mass index-height/weight -cardiovascular fitness-aerobic capacity pacer run

**Muscle and exercise correlation**

-biceps-bicep curl -abdominals-sit-up -deltoid-shoulder press -quadriceps-squats

**Matching Yoga Poses**

**A B**

27. Downward Facing Dog C

[](http://www.yogajournal.com/poses/494_1.cfm##)

[](http://www.yogajournal.com/poses/495_1.cfm##)

28. Triangle Pose B

29. Forward bend D

30. Warrior 2 A

**C D**

[](http://www.yogajournal.com/poses/478_1.cfm##)

[](http://www.yogajournal.com/poses/491_1.cfm##)